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NEWS WORTH SHARING.

What's a little fib between family?

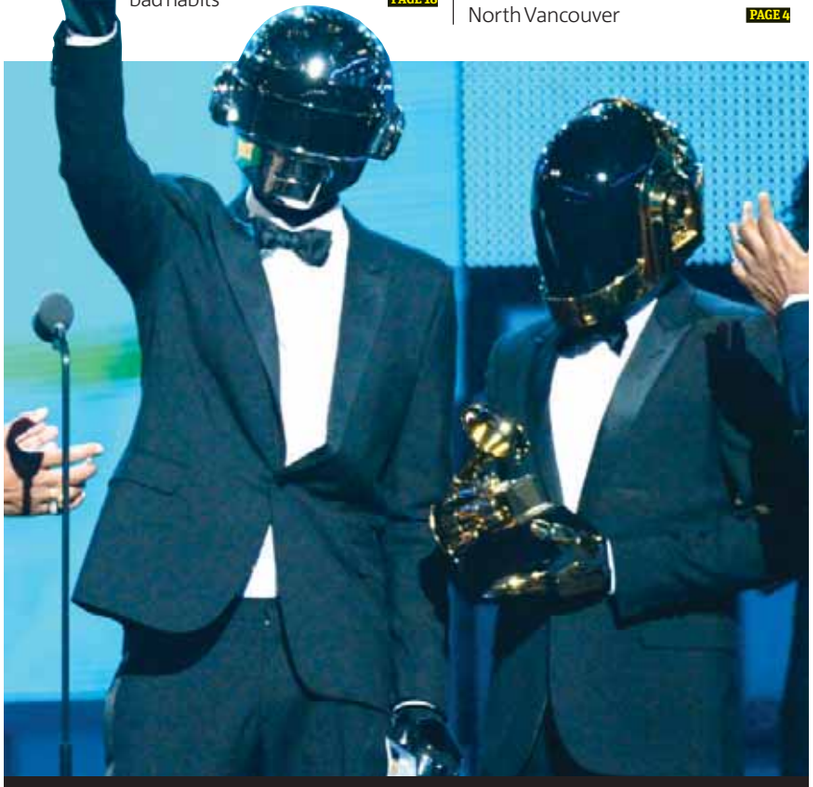
Parents recall tricks they use to protect their kids from their own bad habits PAGE 18

Hundreds say farewell to search leader Tim Jones

Parade and memorial held in North Vancouver PAGE 4

BIEKSA PLAYS THE HERO IN OVERTIME

HIS TWO GOALS LIFT THE CANUCKS OVER THE VISITING COYOTES 5-4 PAGE 21



DUO GET LUCKY

Musicians Thomas Bangalter, left, and Guy-Manuel de Homem-Christo of Daft Punk accept the best pop duo/group performance award for Get Lucky onstage during the 56th Grammy Awards on Sunday in Los Angeles. Daft Punk led the pack with five awards. More Grammy coverage, page 16.

KEVORK DJANSEZIAN/GETTY IMAGES

'No one believes the risk is zero'

Oilsands. U.S. study warns of risks and unknowns in transport of Alberta bitumen

U.S. scientists are warning that there are environmental risks, regulatory holes and serious unknowns regarding the shipment of Alberta oilsands products by pipeline, rail and tanker.

The findings are in a 153-page report from last September by the emergency response division of the U.S. National Oceanic and Atmospheric Administration. The unit has expertise in preparing for, evaluating and responding to oil and chemical spills in coastal environments.

Enbridge, the company behind the proposed Northern Gateway pipeline to the B.C. coast, counters that most of the concerns raised in the report are out-of-date, overstated or being resolved.

Quoted

"Little research is currently available regarding the behaviour of oilsands products spilled into water, and how they weather in the environment."

Excerpt from 2013 U.S. study

The study examined the different ways to transport Alberta's bitumen, a molasses-like crude oil, over U.S. land and water. Those included rail, the proposed Kinder-Morgan Trans Mountain pipeline to Vancouver, the Keystone XL line to Texas from Alberta and Northern Gateway.

"Most oilsands products are transported to market via existing and proposed pipelines; however, a sharp increase in the use of rail and marine transport can be expected while new pipelines are constructed to match the increased production of oilsands products," the report says.

It was written by six experts at the University of Washington and supervised by Prof. Robert Pavia of the university's School of Marine and Environmental Affairs.

"While there are many arguments about the level of risk, no one believes the risk is zero," Pavia told The Canadian Press, adding that he was speaking personally. "In my mind it's not a question of whether a spill will occur, but how well-prepared we are for a spill once it does occur."

In the case of Northern Gateway, not only might there be potential to harm Washington State shores, there could be hazards from tankers leaving Kitimat to travel through the waters of Alaska, near the Aleutian Islands to Asia.

Both Canada and the United States need to renew and expand efforts to reduce any risks, Pavia said.

THE CANADIAN PRESS

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Investigation

Police ID Kelowna man found dead

RCMP have identified the Kelowna man found dead Saturday morning as 32-year-old Christopher Ausman.

Ausman was found dead in a neighbourhood by Highway 33 and police are treating his death as suspicious.

Const. Kris Clark says he can't reveal the cause of death, as it may compromise the investigation.

THE CANADIAN PRESS

Pulp mill

Investigators to examine cause of fire in Kamloops

Authorities are investigating the cause of a fire that broke out in a Kamloops pulp mill.

The city's fire department was called to Domtar mill Saturday night after flames started burning around the electrical transformer.

Spokeswoman Bonnie Skeene says there were no injuries and the flames were doused within a couple of hours.

She says no evacuation was necessary, though production was halted for 12 hours. Mill safety has been an ongoing issue since an explosion ripped through a sawmill in Burns Lake two years ago, killing two people and injuring 20 more.

WorkSafe BC conducted a botched investigation that produced evidence that the Crown could not use in court, leading Premier Christy Clark to appoint her deputy minister to review the case. THE CANADIAN PRESS

NDP MLAs Harry Bains, left, Sue Hammell and Bruce Ralston call for the creation of a community court outside the North Surrey Recreation Centre on Sunday.

LUKE BROCKI/METRO

Surrey in urgent need of community court: NDP

Growing pains. Mayor Watts to discuss issue with B.C. justice minister next month

The B.C. government should fast-track the creation of a community court in Surrey to help that city's at-risk residents move their struggles with addiction and violence beyond the revolving door of the overtaxed criminal justice system, said NDP MLAs at a press conference outside the North Surrey Recreation Centre Sunday morning.

Surrey is B.C.'s fastest-growing city and one challenged by strained police resources and unregulated addiction recovery houses. Now the New Democrats insist what's missing is an alternative system of justice, one that takes a problem-solving approach to address underlying causes of criminal behaviour.

"Judge Thomas Gove, who presides over the Vancouver community court and former attorney general Wally Oppal are on the record stating that the Vancouver community court has been successful," said Surrey-Green Timbers MLA Sue Hammell.

The Vancouver community court pilot project, the first of its kind in Canada, has helped some 1,500 offenders per year connect with health and social services since it opened in 2008. Galvanized by last month's killing of a 53-year-old hockey mom outside the Newton arena — in a random robbery that took a brutal turn — the NDP is accusing the provincial government of broken promises to expand the pilot.

Surrey Mayor Dianne Watts said her council's crime reduction strategy has long been working to enrich the city's mental-health and social services and that a community court is a welcome next step.

To help move things along, she said she is willing to donate the use of council chambers for the would-be entity to conduct its sessions.

"It's getting to the root cause of those crimes, which we know are mental health, addictions, at-risk people living at-risk lifestyles," Watts said in a phone interview. "Jail is not necessarily the place for them."

In an emailed statement, B.C. Justice Minister Suzanne Anton was noncommittal, saying her office was studying innovative justice initiatives, including Vancouver's Downtown Community Court, "to see if what we learn can be applied in other communities."

Watts said she is scheduled to discuss the matter with Anton on Feb. 5.

LUKE BROCKI/METRO

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MTI COMMUNITY COLLEGE

Apparent arson won't spoil skater shrine: Supporters

A lasting memorial. Donors lining up to help repair tribute to slain Good Samaritan

MATT KIELTYKA
matt.kieltyka@metronews.ca

Skateboarders and the Vancouver Park Board promise to do everything they can to restore Leeside Tunnel to its full glory after the unique skate spot was torched in an apparent arson last week.

Part skate park, part street-art shrine, the covered area near Highway 1 and Hastings Street stands as a tribute to Lee Matasi, who was killed on Dec. 3, 2005, while trying to talk down a gun-wielding stranger outside a nightclub.

But on Wednesday night, two people apparently entered the tunnel and set fire to wood and tires being used to build a new quarter pipe.

The fire reduced the materials to a smoldering heap and charred the wall and ceiling of the concrete park, wiping out part of a mural commemorating Matasi's life.

The park remains closed.

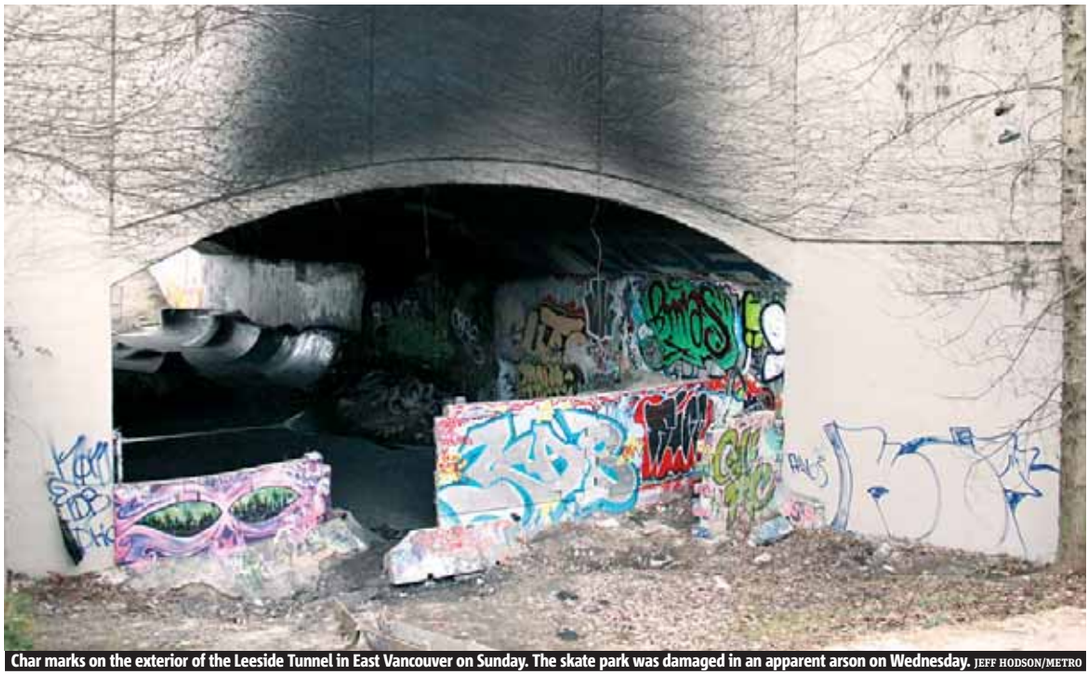
"It's a disappointing situation," said park board commissioner Sarah Blyth, a former member of the Vancouver Skateboard Coalition and the Leeside stewardship group.

"We'll do everything we can to make it a usable space again. This is a treasure, as well as a memorial to Lee, for the city."

The skating community and volunteers had recently raised $25,000 to add features to the beloved park.

The total cost of damage is unknown, but Blyth is heartened that donors are already stepping forward and offering to replace any building materials lost in the blaze.

Blyth and members of the Vancouver Skateboard Coalition says police are actively investigating the fire.



Char marks on the exterior of the Leeside Tunnel in East Vancouver on Sunday. The skate park was damaged in an apparent arson on Wednesday. JEFF HODSON/METRO

Paramedic Ron Glanville carries the remains of North Shore Rescue leader Tim Jones into a ceremony celebrating his life in North Vancouver on Saturday. DARRYL DYCK/THE CANADIAN PRESS

Memorial for search-and-rescue leader draws a grateful crowd

Hundreds of mourners bid a final goodbye to search-and-rescue leader Tim Jones at a parade and memorial in his honour in North Vancouver on Saturday.

The crowd included family, friends, RCMP, search-and-rescue members as well as some of the many people he had rescued.

Jones' son Curtis remembered his father as brave and compassionate.

"I feel privileged to not only call him dad but my best friend, my mentor and my colleague," he said. "Dad, when the pager goes, we'll be there."

Jones, a 57-year-old team leader for the volunteer North Shore Rescue, died after a heart attack on his way down from Mount Seymour last Sunday.

Lasting impact

"It's unbelievable to see the support of the public and the different organizations."
North Shore resident Brian Benson

Helicopters flew around the neighbourhood during the 90-minute parade, which started on 15th Street and Forbes Avenue and ended at Centennial Theatre.

The Tim Jones Memorial Endowment Fund was created to provide tuition support for future paramedics and search-and-rescue students.

Because the seating in the theatre was limited, the public watched the service on big screens set up outside.

SINDHU DHARMARAJAH/FOR METRO

Bordeaux of beers coming to Vancouver

Testing the adage that alcohol sales thrive in hard times, the BC Liquor Distribution Branch is bringing in an American brew worth $150 a bottle.

The branch has secured 84 bottles of Samuel Adams Utopias: a strong, dark beer with notes of fruit, a rich and malty sweetness, no carbonation and a staggering alcohol-by-volume measure of 28 per cent.

"This is not just any beer," said Tarina Palmer, spokeswoman for the Liquor Distribution Branch. "There's such a wide variety of craft beers available on the market, but this really brings something unique to the collection."

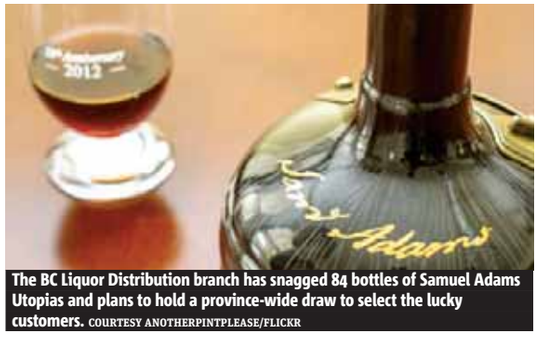
Palmer said exclusive product launches usually take place at flagship BC Liquor Store locations, but following complaints from suburban and rural customers, management landed on a democratic approach for this release: the first-ever draw for a chance to buy a single bottle.

Would-be tipplers can enter the contest online.

But back to that $150 bottle. The Sam Adams website claims the labour of love has been aged in everything from bourbon casks to rum barrels, tasting noble hops and exotic spices.

"This is kind of like a Bordeaux for beer drinkers," Palmer said. "This is the very first time we've ever had anything like this available to customers."

LUKE BROCKI/METRO



The BC Liquor Distribution branch has snagged 84 bottles of Samuel Adams Utopias and plans to hold a province-wide draw to select the lucky customers. COURTESY ANOTHERPINTPLEASE/FLICKR

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Alterrus' leafy greens fail to pay the bills

Bankruptcy. Vertical urban farm wilted before it got off the ground

The operators of a novel urban farm have filed for bankruptcy amid accusations of poor judgment at city hall.

Alterrus' VertiCrop vertical urban farm opened in late 2012 to great acclaim, promising the pesticide-free, local produce grown at the top of a five-storey parkade at 535 Richards St. would elevate the buy-local movement to new levels.

The plan was to sell the lettuce and other leafy greens to local restaurants and grocers and pave the way forward for high-density urban farming.

After Vancouver, the company said it wanted to introduce commercialized vertical gardens in every major North American city within five years.

But just over a year into that plan, the dream has died on the vine. Alterrus filed for bankruptcy Thursday.

"It's disappointing to hear," said Mayor Gregor Robertson, a major advocate for the venture. "Having Alterrus lease the space generated more revenue for the city than when it was a parking lot."

But Non-Partisan Association (NPA) councillor George Affleck said the writing has long been on the wall and criticized Vision Vancouver-dominated council for handing Alterrus the city-owned land without exploring other options for the space. Now, he says, the city (through EasyPark) is on the hook for at least $13,000 in unpaid rent. **MATT KIELTYKA/METRO**

Alterrus' urban farm was located at a city-owned parkade on Richards Street and used vertical trays to grow greens for local sale. THE CANADIAN PRESS FILE

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Binning House. Advocate pushing to keep historic house open to the public

It may look like a simple, single-storey, flat-roofed bungalow embedded into the hillside of West Vancouver, but the early modernist home built by Canadian artist Bertram Binning in 1941 remains culturally significant to this day, says a local heritage advocate.

Binning House is, after all, a National Historic Site.

And with its potential sale to a Vancouver businessman by the financially troubled The Land Conservancy of B.C. now adjourned by a court, Adele Weder is urging locals to get educated and involved so the house remains open to public use.

"Learn more about the house, get interested and let's look at a collaborative way that, you know, everyone can benefit from the house," said Weder, who is also an architectural writer and curator.

Seventy-three years after it was finished, the house that sits on a quiet residential street and offers ocean views is significant for several reasons, said Weder.

Binning, one of the country's most important postwar artists, built the home, she added. The Land Conservancy described him as a painter and prolific sketcher who was influenced by Pablo Picasso and Henri Matisse and was always interested in architecture. **THE CANADIAN PRESS**

The design

When it was finished, it looked like no other house in Canada, boasting a flat roof sloped at 15 degrees, large, open windows, an open floor plan and batten-board — or vertical profile — cedar siding, Weder said.

New report. Fatigue, fog factored in fatal collision of fishing vessels

Fog, fatigue and an "unfamiliarity with safety issues" factored into a pre-dawn collision between two fishing vessels that left a Port Angeles, Wash. man dead in September 2012, according to a new report from Canadian officials.

The Transportation Safety Board of Canada released its findings last week into the crash between the 40-foot Maverick, home ported in La-Push, Wash., and the 90-foot Viking Storm, out of Vancouver, the Peninsula Daily News reported.

The vessels collided in heavy fog 35 miles west of La-Push, a small community on the Pacific Coast of the Olympic Peninsula.

Three of the four crew members of the Maverick abandoned the sinking vessel and were rescued by the crew of the Viking Storm crew within five minutes. But a fourth crew member, 33-year-old Kelly Dickerson, was trapped in the Maverick.

The report said the Maverick had been drifting overnight without a crew member on lookout duty. Meanwhile, the exhausted mate of the Viking Storm "had not maintained a proper watch" and "left the wheelhouse unattended just prior to the collision." **THE ASSOCIATED PRESS**

Looking for love, and a free vacation

The Bachelor Canada. Local casting call attracts a dozen women looking for a rose

SINDHU DHARMARAJAH
vancouver@metronews.ca

Whether it was for a free adventure or for true love, about a dozen women turned up for The Bachelor Canada's first casting call at the Opus Hotel in Vancouver on Saturday morning.

Sabrina Fetterkind's mother encouraged her to audition for the open casting call, and the 22-year-old believes she knows what she wants out of the experience.

"I'm hoping to find a guy who notices the little things," she said. She hopes that her outgoing personality will catch the eye of producers, so she can receive her very own rose.

Not all of the hopeful bachelors and bachelorettes for Season 2 were in attendance because some had appointments, according to executive producer Clair Freeland, who says the show is expected to air in the fall of 2014.

Notably, no man was in sight for the highly praised role of the bachelor, which is still up for grabs.

"It's obviously one of the most important roles on the show, and you obviously need someone who is quite good looking, and someone who has had some experience with love," said Freeland.

Executive producers Claire Freeland, second left, and Sean De Vries hold a casting call for The Bachelor Canada at the Opus Hotel Saturday. SINDHU DHARMARAJAH/METRO

Greg Matters. Coroner's inquest into fatal RCMP shooting resumes

A coroner's inquest will resume Monday into the fatal RCMP shooting of a former British Columbia soldier in treatment at the time for post-traumatic stress disorder.

Greg Matters was shot in the back by a member of the RCMP emergency response team in the driveway of the rural home he shared with his mother near Prince George on Sept. 10, 2012. He was being arrested for assaulting his older brother.

The two weeks of testimony before the inquest was adjourned in December raised as many questions as it provided answers about the death of the 40-year-old former peacekeeper. "I have so many questions," says Greg's mother, Lorraine Matters, for whom the inquest has been emotional and troubling.

The inquest heard last month that Matters was honourably discharged from the military in 2009 after a 15-year career, and was already exhibiting signs of PTSD then.

The seven men and women on the coroner's jury heard that Matters had several run-ins with police, beginning with RCMP in New Brunswick when he was based at CFB Gagetown. He said officers ultimately broke into his home and woke him at gunpoint on a purported "wellness check."

After returning to British Columbia, Matters' former therapist complained to police about threatening emails, and he was charged and acquitted of assaulting his brother. He was jailed for threatening the head of the RCMP public complaints commission over the New Brunswick incident, and later threatened to kill the Crown lawyer in that case.

Questions remain about why RCMP deployed the ERT over "what, really, was a fairly minor family dispute," said Cameron Ward, the lawyer for Matters' mother and sister. "That's the central question: Why was the response by the RCMP such an aggressive one?"

The inquest has also raised some other questions.

A pathologist testified that Matters was shot twice in the back — contrary to a public report released by the province's Independent Investigations Office, clearing police of any wrongdoing.

"That seems at odds a bit with some of the testimony," Ward said.

The jury also heard that Matters was unable to work due to his mental health struggles and a back injury suffered in Bosnia in 2001. He was living with his mother and surviving on a $123-a-month military pension when his sister, from her home in Australia, finally contacted an operational stress injury clinic in Vancouver that took him as a client.

The RCMP officers involved testified they were aware that Matters suffered from PTSD, yet a helicopter and a team of officers dressed in head-to-toe camouflage gear and armed with M16s were sent to arrest him.

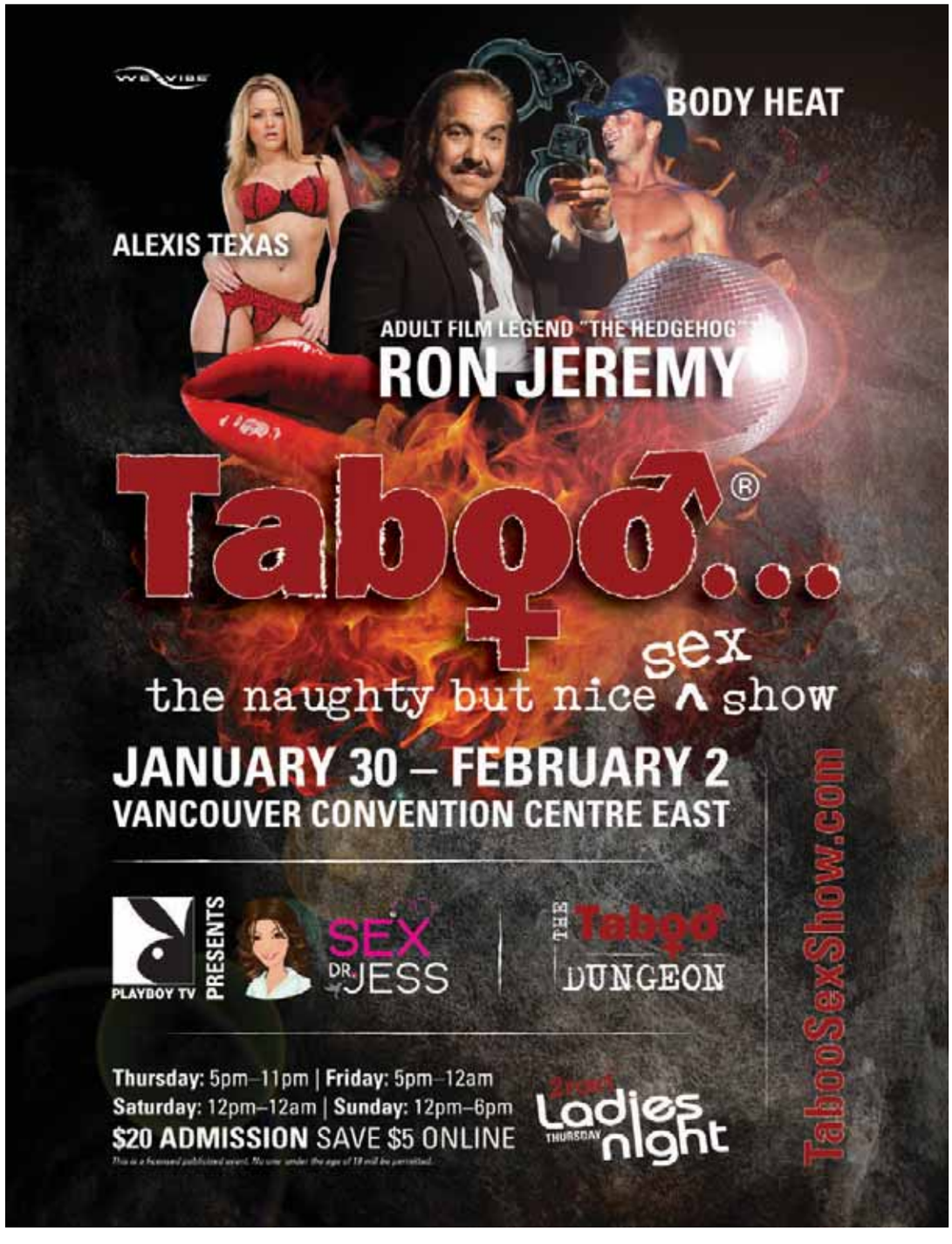
Dr. Greg Passey, who operated the stress injury clinic and was treating Matters, testified that RCMP did not allow him to speak to the former soldier as he was surrounded by police in the hours before his death.

"It is my true opinion and conviction that had I been able to speak to Greg that night, I could have talked him out," he told jurors.

The jurors heard that Matters pleaded for help in the years prior to the standoff that night with RCMP. He sent a handwritten note to a court-appointed psychiatrist and was doing well in his work with Passey.

Members of the emergency response team are scheduled to testify this week, as well as the lead investigator from the Independent Investigations Office.

THE CANADIAN PRESS



‘We will try to find the strength to get through this’

A woman holding a picture of her husband, who died in last week’s seniors’ residence fire, arrives for a commemorative service for the victims on Sunday in L’Isle-Verte, Que. RYAN REMIORZ/THE CANADIAN PRESS

L’Isle-Verte. Owner of fire-ravaged seniors’ home speaks about tragic loss of life to over 1,000 gathered at commemorative mass

The owner of a Quebec seniors’ residence that burned to the ground offered his condolences to the victims Sunday.

Speaking to a throng of reporters outside the church in L’Isle-Verte, Roch Bernier said it was not the right time to say whether he would rebuild the residence.

He said the mass, attended by more than 1,000 people, was a day for the victims, the missing and residents of the town.

Bernier received a standing ovation as he stood up to speak at the mass.

“What you’re living inside, we are living it inside as well,” he told the gathering, which included Quebec Premier Pauline Marois and Liberal Leader Philippe Couillard. “We will try to find the strength to get through this.”

A more formal commemorative ceremony, featuring more dignitaries, is scheduled for this Saturday. Sunday was a chance for the tiny Quebec village to voice its collective grief, with priest Gilles Frigon calling it “a first step toward healing.”

Meanwhile, authorities said there was no change in the number of victims. Ten people have been confirmed dead and 22 others are missing and presumed dead after Thursday’s blaze at the Résidence du Havre.

Searches were hampered Sunday by bitter cold, poor visibility, blowing snow and winds up to 90 km/h, provincial police Lt. Guy Lapointe told a news conference.

Marois arrived in L’Isle-Verte on Sunday to see first-hand the results of the fatal fire, cutting short a trip to Europe to deliver condolences in the village of about 1,500.

The premier called the brutal blaze “unacceptable” and said she hopes such a tragedy never repeats.

She told a news conference that everything is being done to provide support for those who survived the fire and to give closure to those still awaiting word on their loved ones.

THE CANADIAN PRESS

No rush to judgment

“We will wait for the inquiry because now we don’t have the results of this evaluation and examination. After that, we will see if there are some new rules to adopt.” **Quebec Premier Pauline Marois,** who said she wants to see the results of the various investigations into the blaze before rushing to judgment on a solution.

Hundreds rally in Ottawa to ‘save Canada Post’

Around 300 protesters marched through downtown Ottawa en route to the Prime Minister’s Office (PMO) Sunday to protest government plans to end door-to-door mail delivery.

Marching to the beat of Bob Marley’s Get Up, Stand Up, the employees, most of them from Montreal, blew whistles and waved signs while shouting, “Save Canada Post” as they converged at the PMO for the rally.

“This is not just an attack on Canada Post and our customers, this is an attack on our whole country and everybody who lives in this country,” said Ian Anderson, president of the Canadian Union of Postal Workers (CUPW) Ottawa local, to a roar of cheers.

“We need to stop this corporation and stop this government — it’s an attack on everybody.”

The Crown corporation is eyeing $900 million in savings every year by replacing foot delivery with community mail boxes and increasing postage prices. The feds also plan to cut thousands of jobs over the next five years.

The plan doesn’t sit well with Sid Ryan, the president of Ontario Federation of Labour, who rallied the crowd Sunday.

“This social program of postal delivery has been in place for 150 years. It is one of those social programs that unites our country, just like the health-care system,” he said. “We’re not going down without a fight.”

Ottawa & District Labour Council president Sean McKenney told the hundreds huddled around him trying to stay warm that the changes will mostly affect “our elderly, our disabled, our sick, our seniors,” and said Canada Post CEO Deepak Chopra has been “completely ignoring suggestions by others.”

The CUPW plans to continue to protest the changes with door-to-door campaigns and other crusades to drum up even more support to save urban postal service.

TREVOR GREENWAY/METRO IN OTTAWA

Billie the dog walks along with about 2,000 people marching through the streets of Ottawa in support of the CUPW, which rallied outside Prime Minister Stephen Harper’s office Sunday. FRED CHARTRAND/THE CANADIAN PRESS

Back in session

As Parliament returns, scandal, budget, expected to dominate

MPs return to Parliament on Monday with the spectre of the Senate expenses scandal still hovering over the government, which says it intends to remain focused on the economy, with next month’s budget the centrepiece of the winter sitting.

But New Democrats and Liberals believe the ongoing RCMP investigation and potential charges against Prime Minister Stephen Harper’s former chief of staff and four senators will keep the government firmly mired in the Senate scandal, as it was for most of last year.

THE CANADIAN PRESS

Privacy

Border officials to share personal info with federal government

Canadian border officials plan to share personal information obtained under a new Canada-U.S. border data-exchange program with other federal departments.

The program, in which Ottawa and Washington will start sharing their citizens’ travel and biographic data this summer, means anyone from Canada travelling to or from the U.S. by land will have his or her information passed on to federal departments.

The Canadian Border Services Agency confirmed the new practice and said data would only be passed in accordance to stringent rules. TORSTAR NEWS SERVICE

Life’s a beach for Biebs

Justin Bieber spotted relaxing in Panama amid DUI charges

A Panamanian radio and TV host says Justin Bieber has been relaxing on a beach in Panama on a vacation from the U.S., where he faces DUI charges after being arrested last week.

Eddy Vasquez was filming a show at the Pacific Coast resort in Punta Chame, about 145 kilometres west of Panama City, when he spotted Bieber and members of his entourage walking along the beach.

He and his crew took pictures of the singer and his companions, who got on personal watercraft and travelled to a nearby island.

THE ASSOCIATED PRESS

NSA engages in industrial spying: Snowden

Interview on German TV. Intelligence leaker alludes to more revelations to come

Former NSA contractor Edward Snowden claimed in a new interview that the U.S. agency is involved in industrial espionage.

In the interview, aired Sunday night on German public television broadcaster ARD, Snowden said if German engineering company Siemens had information that would benefit the U.S., but had nothing to do with national security needs, the National Security Agency would still use it.

It wasn't clear what exactly Snowden accused the NSA of doing with such information — he only said he didn't want to reveal the details before journalists did.

Snowden also told ARD television that he was no longer in possession of any NSA documents, because he had passed them all on to a few selected journalists and that he had no further influence on the release of the files.

He also said U.S. government representatives wanted to kill him, according to a simultaneous German translation by the station. Snowden referred to an article he had read on Buzzfeed in which U.S. government representatives had told a reporter that they wanted to kill him. **THE ASSOCIATED PRESS**

Former NSA contractor Edward Snowden THE GUARDIAN FILE/THE ASSOCIATED PRESS

Military info

Whistleblower freed in Israel

Israel's prison service says a former soldier who passed hundreds of classified documents to a newspaper reporter has been freed after more than two years in jail. Spokeswoman Sivan Weizman said Anat Kamm walked free Sunday morning.

Kamm began serving a prison term in 2011 after being convicted of passing military information to a reporter. **THE ASSOCIATED PRESS**

Seasick

Outbreak aboard cruise ship

U.S. health officials on Sunday boarded a cruise ship docked in the U.S. Virgin Islands to investigate an illness outbreak that has stricken nearly 10 per cent of passengers with gastrointestinal symptoms including vomiting and diarrhea.

Officials said that 281 passengers aboard Royal Caribbean International's ship have reported getting sick. **THE ASSOCIATED PRESS**

End-of-life debate. Brain-dead, pregnant woman is taken off life support

Erick Munoz stands with an undated photograph of himself with wife Marlise and their son, Mateo. RON T. ENNIS/THE FORT WORTH STAR-TELEGRAM/THE ASSOCIATED PRESS FILE

The family of a brain-dead, pregnant Texas woman said Sunday afternoon that she has been removed from life support following a judge's ruling that a Fort Worth hospital was misapplying state law in the case.

A statement sent Sunday afternoon by lawyers for the husband of Marlisa Munoz says she was disconnected from life support at about 11:30 a.m.

Judge R.H. Wallace had given the hospital until 5 p.m. Monday to comply with his ruling to remove Munoz from life support, which Erick Munoz says is what his wife would have wanted.

She was 14 weeks pregnant when her husband found her unconscious on Nov. 26, possibly due to a blood clot.

Both the hospital and family agreed before Wallace's ruling that Marlise Munoz meets the criteria to be considered brain-dead, which means she is dead both medically and under Texas law, and that her fetus, at about 23 weeks, could not be born alive this early in pregnancy.

The case has raised questions about end-of-life care and whether a pregnant woman who is considered legally and medically dead should be kept on life support for the sake of a fetus. **THE ASSOCIATED PRESS**

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Advance voting. Thai protesters force closure of many polling stations

Anti-government demonstrators swarmed dozens of polling stations in Thailand on Sunday to stop advance voting for next week's general elections, chaining gates shut, threatening voters and preventing hundreds of thousands of people from casting ballots.

A protest faction leader was fatally shot in a confrontation near a voting centre that also left 11 people wounded, the city's emergency services said, and isolated street brawls broke out in several parts of Bangkok.

The chaos underscored the precariousness of Thailand's fragile democracy, and the increasing weakness of Prime Minister Yingluck Shinawatra's elected administration. Yingluck had called the Feb. 2 vote in a failed bid to ease months of street protests, but police did not disperse the crowds because of longstanding orders to avert violence, which many fear would give the all-powerful army reason to stage a coup.

A Bangkok resident shows her support to anti-government protesters outside a polling station in Bangkok, Thailand, Sunday.
WASON WANICHAKORN/THE ASSOCIATED PRESS

"It's a sad day for democracy when the right to vote ... is assaulted by a political movement that claims to be striving for reform and people's empowerment," Sunai Phasuk, a senior researcher at Human Rights Watch, said of the protesters. "Everything that happened today shows they are striving for the opposite."

THE ASSOCIATED PRESS

Egypt. Presidential elections to come first, then parliamentary

Egypt's interim president announced Sunday that the country will hold presidential elections before parliamentary polls, promising that a rise in "dark terrorism" won't derail a transition to democracy following a July 3 popularly backed military coup.

The announcement, expected after weeks of speculation, comes as many think army chief Gen. Abdel-Fattah el-Sissi will run for president after leading the coup that toppled Islamist President Mohammed Morsi.

But Egypt remains dangerously divided, as seen in clashes Saturday that pitted security forces and civilians who back the interim government against Morsi supporters, killing 49 people. There has also been a rise in militant attacks, including one on Sunday that killed three soldiers in the country's lawless Sinai Peninsula.

In a brief nationally televised speech, Interim President Adly Mansour said he will ask Egypt's election commission to open the door for presidential candidates to register. Egypt's newly adopted constitution calls for the first election to be held within 90 days of its passage, or before the end of April, with the parliamentary polls held before the end of July.

There have been growing calls for el-Sissi to run, with many among Egypt's turmoil-exhausted public saying only a strongman can deal with the country's myriads problems, like restoring stability and legitimizing the interim government installed after Morsi's ouster.

"The country needs a strong president, more than it needs a parliament or elected lawmakers," said Omar Gamaleddin, a Cairo resident. "This is a good decision."

THE ASSOCIATED PRESS

El-Sissi

The general has not yet made a formal announcement. He would have to quit his post as defence minister before launching a campaign for the presidency.

- Under the new constitution, a president can serve a maximum of two four-year terms.

Syria peace talks lead to deal for city under siege

The city of Homs. Activists say about 800 families are trapped without regular access to food or medicine

Two days of face-to-face peace talks yielded a narrow and tentative agreement Sunday for women and children trapped in a blockaded Syrian city, and the government said President Bashar Assad had no intention of giving up "the keys to Damascus."

Syrian opposition chief negotiator Hadi Bahra, left, and Louay Safi, spokesman for the Syrian National Coalition, leave a meeting at the European headquarters of the UN in Geneva on Sunday.
SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

Quoted

"This is a red line. If some people think we are coming here to give them the keys of Damascus they are wrong."

Syrian Deputy Foreign Minister Faisal al-Mikdad

With little progress to show after months of international pressure for the conference in Geneva, the UN mediator hoping to broker an end to Syria's civil war defended their pace.

"I think being too slow is a better way than going too fast," Lakhdar Brahimi said. "If you run, you may gain one hour and lose one week."

The limited agreement to let women and children leave a blockaded part of the old city of Homs, under negotiation for at least two days, fell far short of expectations and was called into question by multiple reports of government shelling.

The talks have yet to touch upon the issue of a possible transitional government — their purpose according to terms laid out when they were first conceived. But the government was unequivocal that Assad's future was assured in the country led by his family since 1970.

In Syria, the war continued as if there were no effort to stop it — gunfire and shelling in Homs, between Assad's forces and rebels, and between the al-Qaida-linked militants and Kurdish fighters, according to the Britain-based Syrian Observatory for Human Rights.

The blockaded districts of Homs came under intense fire that activists blamed on the government, calling into question how any deals reached in remote Switzerland could be implemented or verified in a chaotic civil war with dozens of players that began as a largely peaceful uprising against Assad.

More than 130,000 people have died in less than three years, and millions of Syrians have fled their homes.

THE ASSOCIATED PRESS

Protester commemorated after dying in Kyiv clashes

Protesters carry a coffin of Mikhail Zhiznevsky, 25, one of two protesters who died of gunshot wounds on Wednesday, during a commemorative service in Kyiv, Ukraine, Sunday. Ukraine's opposition called off a massive rally planned for Sunday because of the funeral for a protester killed in clashes with police last week, underscoring the rising tensions in the country's two-month political crisis. The opposition contends they were shot by police in an area where demonstrators had been throwing rocks and firebombs at riot police for several days. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Congo

Explosions kill and wound many

The United Nations peacekeeping mission in Congo says explosions from an arms depot near the diamond-mining hub of Mbuji-Mayi have killed more than 20 people. A UN statement says the explosions injured 50 people.

THE ASSOCIATED PRESS

Ferry disaster

Tourist boat sinks off Indian islands

A boat carrying local tourists capsized Sunday in India's Andaman Sea in the Bay of Bengal, killing 21 people, officials said. Thirteen were saved, and rescuers were looking for another 11 people believed to be missing.

THE ASSOCIATED PRESS

Somalia

Commander killed by missile

A member of Somali rebel group al-Shabab was killed Sunday by a missile fired by a suspected drone, a rebel commander said, blaming the U.S. for the strike. The attack took place in a village called Hawai, he said. THE ASSOCIATED PRESS

Seleka group

Top rebels flee the CAR

Top members of the rebel coalition loyal to Central African Republic's former president fled the capital under the protection of Chadian peacekeepers Sunday, witnesses said, suggesting the rebels' demise could be imminent.

THE ASSOCIATED PRESS

Teen flies plane after pilot loses consciousness

Australia. Pilot was unconscious for 45 minutes

A teenager described on Sunday how he took the controls of a light plane for more than half an hour after the pilot passed out during a joy flight over rural Australia.

Troy Jenkins, 19, said the single-engine Cessna 150 was only 10 minutes into a flight from the New South Wales state farming town of Forbes on Saturday afternoon when pilot Derek Neville, 61, lost consciousness.

Jenkins said he had taken the controls before while flying with Neville, a family friend. Jenkins flew circles around Forbes airport at a steady altitude of 610 metres for around 45 minutes before the pilot came to.

"Keeping it up wasn't a problem, it was the landing part I wasn't sure of," Jenkins said. "I was pretty scared."

Jenkins said he had landed a plane only once before and that was with Neville's supervision. Jenkins was relieved that the pilot had regained consciousness moments before they were to land.

"He sort of poked me in the right direction and we both brought it down," Jenkins said. They landed safely.

After the landing, Neville was flown to Orange Base Hospital, where he remained on Sunday. His wife Merle Neville said he had undergone heart and brain scans, but doctors had yet to diagnose the problem.

THE ASSOCIATED PRESS

Quoted

"Keeping it up wasn't a problem, it was the landing part I wasn't sure of."

Troy Jenkins, 19
The teen took the controls of a light plane after the pilot lost consciousness.

Never-before-seen Nazi papers to be published

This undated photo provided by German newspaper Die Welt shows a trove of letters, notes and photos that were in possession of an Israeli family. The letters are believed to be written by Nazi SS leader Heinrich Himmler and had not been shown to the public. The newspaper will publish the material in an eight-part series (search "Insight into the orderly world of a mass murderer" on www.welt.de). DIE WELT/REALWORKS LTD./THE ASSOCIATED PRESS

Sweden

Foreign minister announces visit to Iran

Sweden's Foreign Minister Carl Bildt says he will visit Iran in early February, a result of the country's improved diplomatic relations with the West.

Bildt wrote on his blog Sunday that he will travel to Iran next week, where he will also hold official talks with Iran's Foreign Minister Mohammad Javad Zarif.

The improved relations follow Iran's agreement in November to cap its uranium enrichment in return for the West easing sanctions. Bildt said it remains to be seen whether the changes in Iran's foreign policy will last. THE ASSOCIATED PRESS

Valerie Trierweiler

Ex-first lady lands in India

A day after splitting up with France's president, Valerie Trierweiler launched a new stage in her life with a charity visit to India.

The ex-first lady arrived in Mumbai on Sunday night. THE ASSOCIATED PRESS

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India's village councils stuck in medieval past

Judge and jury. Deeply conservative 'khap panchayats' dictate everything from how women should dress to whether young lovers deserve to live or die

In the hours after her six-year-old daughter was kidnapped eight years ago by her ex-boyfriend who had refused to marry her or care for their child, Rimaila Awungshi appealed for help from the most powerful authority she knew — the council of elders in her rural Indian village.

But the village elders remained indifferent to the single mother's pleas, thereby supporting the child's custody with her father.

Across much of rural India, these powerful and deeply conservative local councils are the law of the land. They serve as judge and jury, dictating everything from custody cases to how women should dress to whether young lovers deserve to live or die.

They often enforce strict social norms about marriage and gender roles.

These unelected and unregulated courts now are coming under fresh scrutiny after police say a council of elders in West Bengal ordered the gang rape of a 20-year-old woman as punishment for falling in love with the wrong man.

"We are going back to the 16th century," Pradip Bhattacharya, a politician in West Bengal, said this week as news of the gang rape began to spread in a country already reeling from a string of high-profile cases of sexual violence against women.

Village councils are common in India with vast rural communities, serving as the only practical means of delivering justice in areas where local governments are either too far away or too ineffective to mediate disputes. Often, the elders try to halt the march of the modern world, enforcing strict social norms about marriage and gender roles.

In some of the most extreme cases, the councils have sanctioned so-called honour killings, usually against women suspected of out-of-wedlock sex. Known as khap panchayats in northern India, the councils act with impunity because villagers risk being ostracized if they flout the rulings.

The courts can be especially harsh toward women, enforcing the most conservative aspects a patriarchal system that is deeply entrenched in Indian society.

In many ways, the councils show how centuries of patriarchal traditions often clash with the values of a modern world in India.

THE ASSOCIATED PRESS

Probe ordered

India's top court takes up gang-rape case

India's Supreme Court has lashed out at the khaps, saying they amount to vigilante justice, are "wholly illegal" and should be stamped out.

On Friday, the Supreme Court took up the case of the gang rape of the 20-year-old West Bengal woman, ordering an investigation on a "suo moto" basis — meaning the court acted on its own, without a request from either side.

According to police, at least 13 men attacked the woman in West Bengal — she lost count of how many — on Jan. 20 after the elders in Subalpur village discovered her love affair with a Muslim man from a neighbouring village.

Santhal tribal women gather in a village

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Friday where a woman was gang raped Monday, allegedly on the direction of a village council at Subalpur, about 180 kms north of Kolkata. THE ASSOCIATED PRESS

Pakistan. Six children killed playing with hand grenade in tribal region

A hand grenade killed six children Sunday who found it while playing in a field in northwestern Pakistan, police said.

The dead girl and five boys belong to two families displaced from a nearby tribal region, said Mian Iftikhar, the police chief of Hangu where the incident took place.

The region lies near restive areas on the Afghan border that are home to Pakistani and al-Qaida-linked foreign Islamic militants. The military has carried out offensives recently in the tribal areas.

The violence has displaced many civilians, who sought shelter in refugee camps or with relatives. Last week, thousands fled one tribal area, North Waziristan, after the Pakistani air force carried out airstrikes there. The strikes were a reaction to the latest wave of suicide attacks and bombings by the Pakistani Taliban and their affiliates across the country, which have killed more than 100 people this month.

Their targets include two attacks against the Pakistani army, killing 34 soldiers.

Pakistani Taliban have also been attacking politicians, police, civilians, government officials and minority Shiite Muslims, who Sunni militant groups see as heretics.

The Islamic militants want to overthrow the Pakistani government to enforce their own harsh brand of Islamic Shariah law. Civilians in the Pakistan's lawless tribal regions have been a direct victim of the fighting.

Earlier this month, a 17-year-old schoolboy died in Hangu when he stopped a suicide bomber targeting his school.

Pakistanis are pressuring the civilian government of Prime Minister Nawaz Sharif to tackle the issue of militancy aggressively. Sharif long has supported a policy of negotiating with militants.

THE ASSOCIATED PRESS

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Study. Can't get lil' Jacob to eat his carrots? Wrap 'em in a pretty package

A University of Calgary study suggests wrapping food up in a pretty package is as likely to influence a child's food choice as a brand name like McDonald's.

Prof. Charlene Elliott's study builds on one done by Stanford University a few years ago.

The Stanford study found kids thought foods wrapped in a McDonald's wrapper tasted better than the identical food presented in a plain wrapper.

In Elliott's study, 65 preschool-aged children were asked to choose between food pairs presented in various wrappings including Starbucks — a brand children might not be familiar with. Kids were asked to choose between McDonald's and plain white wrapping; McDonald's and colourful non-branded wrapping; and McDonald's and Starbucks wrapping.

Mmmm, this food is great, look at the wrappers! GETTY IMAGES FILE

For fries and carrots, the majority of children indicated the samples tasted the same. Yet for those children who did indicate a preference, more children preferred the taste of fries and carrots in the Starbucks wrapping over McDonald's. "So wrap it up in a pretty package," she said. THE CANADIAN PRESS

Lock your virtual doors and windows

HOW TO ROLL
Alison Griffiths
metronews.ca

How can I hack thee? Let me count the ways. Actually, the number of hackable devices/technologies and programs is rising so quickly any list is outdated the moment it's created.

They (the hackers) are now peeking into your always-on nanny cam, taking a trip via your luggage tracking device and breaking into your home computer locks.

Lest you think this is hyperbole, hobby hacker Amy Webb, head of Webbmedia Group, notes in a recent article, "Our ever-expanding tech playground is mostly unsupervised. There is no playground teacher to blow a whistle when another kid takes control of your Bluetooth headset."

Most of what we do is, quite frankly, not worth hacking. Still, when it happens, it's a huge nuisance.

Witness the massive annoyance that resulted after the credit-card breaches at Target and Neiman Marcus. Cancelling cards, changing pins, passwords and watching account activity has been a royal pain. Just this week, I had to cancel a credit card because an unidentified merchant site had been "compromised."

While Canadian chip credit cards are more secure than U.S swipe cards, there are other sconcerns — investment accounts, for example. My discount brokerage requires only a simple number-based code for log-in and password. Worse, I am allowed to use the same password for trading and access to the account. Six numbers gets me in and offers the key to to trades and transfers.

Most people don't monitor their investments regularly. That creates vulnerability. Protect yourself by being aware. Read investment statements monthly.

Avoiding hacking completely is tough, but you can take preventative action.

Cyber security tips

1. Turn off peripherals when not in use, including gaming consoles.
2. Use long passwords made up of nonsense sentences with a capital letter and numbers, such as: "myKidhas4noses-1yelloweye&37legs."
3. Use a number sequence, not a name, to identify your Wi-Fi network or mobile hotspot.

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Money can't buy their land (for now)

Ron and Jeanne Crumly, seen on their family farm in Page, Neb., say they have no intention of signing to allow the Keystone XL pipeline on their land — whatever they're offered. Cash offers have been skyrocketing, as much as seven-fold, for holdout Nebraska landowners who are willing to sign quickly to allow the pipeline onto their property. The landowners say they've received written offers from pipeline builder TransCanada Corp. in the last few weeks offering exponentially more money than initially promised, on the condition that they sign soon. Those offers are pouring in at a pivotal moment for the Canada-U.S. pipeline, whose proponents hope to start building this year. One family says it was initially guaranteed $8,900 US in 2012 to allow the pipeline through its farm. Now, according to an offer sheet dated Jan. 13, 2014, the figure has surged to $61,977.84 US. But, just like that old marketing slogan says, the offer's good for a limited time only. ALEX PANETTA/THE CANADIAN PRESS

Accepting cybercurrency

Bit by bit, Bitcoin is catching on

Will that be cash, credit card or Bitcoin?

A small number of Canadian businesses now accept Bitcoin, the digital currency that made its debut five years ago, and has been gaining momentum ever since.

Among the retailers is Quebec bed-and-breakfast operator David Mancini, who expects the payment method will have a practical appeal for foreign tourists visiting his community of Baie-Saint-Paul.

"You do not have to transfer U.S. dollars to Canadian, or pesos, etc.," said Mancini, 30, who runs the Gîte TerreCiel.

THE CANADIAN PRESS

The world's first Bitcoin ATM in Vancouver in 2013. GETTY IMAGES

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ROAD WARS FOUGHT AT BALLOT BOX?

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

The battleground in Vancouver's War for the Streets keeps shifting.

Epic battles have been fought on Burrard, Dunsmuir, Howe and Hornby, with side skirmishes on Comox and Kits Beach, among others.

Mayor Gregor Robertson and his minions have plowed mercilessly (little bell ringing) through questions, objections, threats and protests, closing lanes to cars, forging dedicated bike lanes and accomplishing it all with surprising speed and alacrity.

Who knew that city hall could operate with such efficiency? Where's the committee?

Now it's time for the battle to end all battles: The Battle of Point Grey Road.

If you're from East Van, you may not know that Point Grey is one of the most expensive streets in the second most expensive city on Earth. Saint Suzuki and Lulu Lemon live there. It's a truly blessed, blissed out spot with stunning views of English Bay and the mountains.

Which is why 10,000 cars a day wandered through despite the narrow street, parked cars, bad pavement and assorted cyclists, runners and hipster parents with high-tech strollers that routinely get in the way.

Not anymore.

Gregor and minions closed Point Grey to cars last week to build a dedicated bike lane that connects the Seaside bike path to Jericho Beach. Now only local traffic is allowed, so Lulu's Lemonmobile will be able to get through while the rest of us are relegated to Fourth, which is no fun.

As usual, the mayor's opponents are furious, but this time their hair's really on fire. George Affleck, the NPA Voice Crying in the Wilderness, has promised, if his party wins the next election (circle this date: Nov. 15, 2014), to take back Point Grey Road for traffic.

Be careful what you wish for, George. What happens if you do get elected? How much will it cost to restore the road? And how will the residents, cyclists, runners, modern parents and everyone else now reconciled to an auto-free neighbourhood react? It should be almost as much fun as the current hoo-haw.

It's the size of the uproar that's so interesting. Is it because people suspect Gregor is choosing sides in the class war between the rich and the rest, turning Point Grey into an instant preserve for the wealthy?

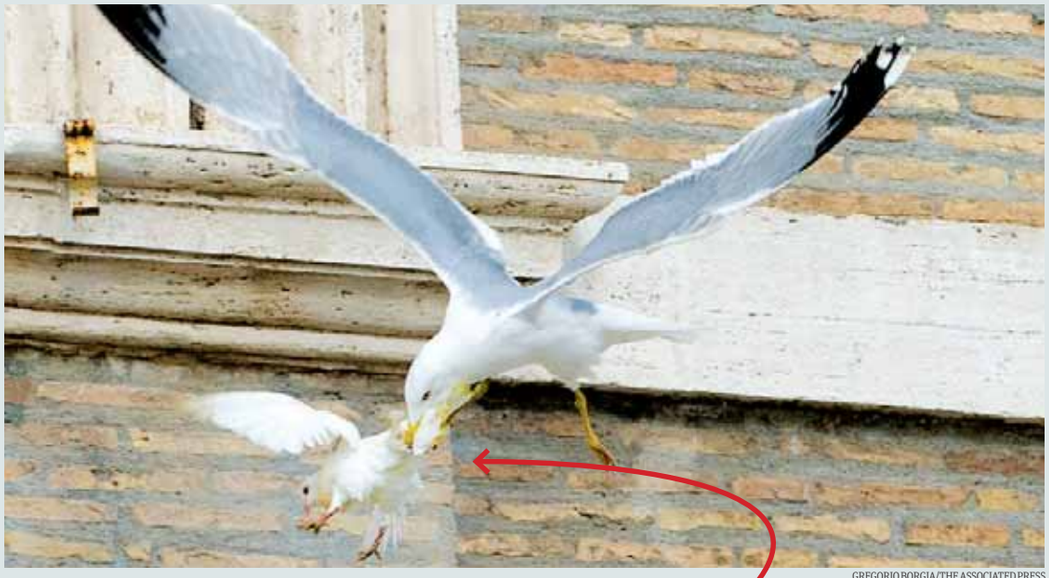
Or is it something more fundamental, an attack on what we've come to see as our freedom of the roads? We pay for them, we should get to drive on them. And we shouldn't have to mount an expedition to enjoy them. Especially when Lulu etc. can tool around in their Range Rovers at will.

I've always thought that Gregor is immune to the vagaries of the ballot box, whether because a quiet majority likes all this bike-lane stuff or because when only one in five vote, it's easy to get your vote out and dominate.

But this time, has he gone too far? George Affleck, it may be time to start figuring out what you're going to do with the spoils of war.

ZOOM

Pope's symbol of peace snatched



GREGORIO BORGIA/THE ASSOCIATED PRESS

Pope Francis looks at two children as they free doves during the Angelus prayer he celebrated from the window of his studio overlooking St. Peter's Square at the Vatican Sunday. GREGORIO BORGIA/THE ASSOCIATED PRESS

Seagull attacks released dove

Two doves which were freed by children flanking Pope Francis were attacked moments later.

The symbols of peace came under attack at the Vatican. Two white doves were sent fluttering into the air as a peace gesture as tens of thousands of people watched in St. Peter's Square below. After the Pope and the two children left the windows, a seagull and a big black crow quickly swept down, attacking the doves, including one which had briefly perched on a window-sill on a lower floor.

One dove lost some feathers as it broke free of the gull, while the crow pecked repeatedly at the other dove. The doves' fate was not immediately known.

While speaking at the window, Francis appealed for peace to prevail in Ukraine.

THE ASSOCIATED PRESS

Clickbait

LUKE SIMCOE
Metro Online

Now that folks have figured out how to safely jailbreak iOS 7, iPhone users can once again wade into a world of mobile apps that weren't approved by the ghost of Steve Jobs. Here are some of the more popular and useful jailbroken apps. To use them, you'll have to jailbreak your iPhone (instructions can be found on the Internet, but proceed at your own risk) and install the unofficial app store, Cydia.

GETTY IMAGES

BatterySafe:

If you're less than satisfied by your iPhone's battery life, try BatterySafe. When your phone gets low on power, BatterySafe automatically turns off power-hungry features like Bluetooth and Wi-Fi.

Activator:

This app allows you to create custom gestures and button combinations. For example, you could use the volume rocker to launch an app or create a gesture to send you to your home screen.

Bloard:

An example of the breadth of tweaks available for jailbroken phones, this simple app lets you use the sleek, dark keyboard by default in iOS 7.

CCControls:

This handy application lets you customize iOS 7's new control centre, letting you change the look and feel as well as add other toggles.

Twitter

@metropicks asked: A teen takes control of a plane after the pilot faints. What would be your reaction in this situation?

@DariaTuhtar: To quote Carrie Underwood: "Jesus, take the wheel."

@TaraEWilkins: I'd like to think I'd do the same but I'd probably have a panic attack and throw up. Sadly, it wouldn't be the first time I've done that either...

@notmattdaubs: I would try to channel the ghost of Leslie Nielsen.

@edmontongue: i would dirty my pants

@KashifMasudAwan: I would announce: do we have any working pilots on plane, lol

@Canucklehead_ca: Clearly take advantage of the distraction to commandeer the bar cart.

@nightowlsinc: Put my head between my legs and kiss my ass goodbye.

WE WANT TO HEAR FROM YOU:
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metro

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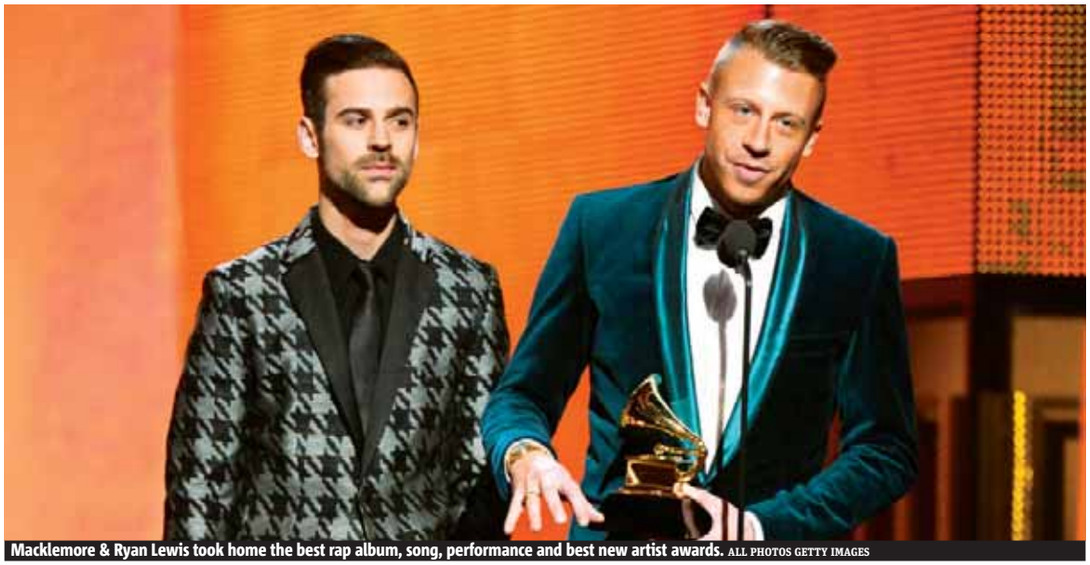
SCENE

Wow, those white boys sure can rap: Grammys



Macklemore & Ryan Lewis took home the best rap album, song, performance and best new artist awards. ALL PHOTOS GETTY IMAGES

Macklemore & Ryan Lewis, Daft Punk clean up. Drake is apparently the best they never had as he is shut out

Macklemore & Ryan Lewis made off with four trophies — including a sweep of the major rap categories — while Daft Punk hauled in five awards at the 56th Grammy Awards.

The breakout Seattle pop-rap duo behind Thrift Shop and Can't Hold Us trumped competition including Kendrick Lamar, Kanye West and Toronto's Drake — who entered the day with five nominations but lost four of them during the lengthy pre-telecast — to win best rap song, performance and album before claiming best new artist.

The wins for Macklemore & Ryan Lewis might have heralded a big night for hip-hop, although the victories for the pop-leaning duo over more critically acclaimed works from Lamar, West and Drake were bound to generate controversy in rap circles.

But the pair were edged out by the critically beloved French dance duo Daft Punk, who won five Grammys including best dance/electronica album and album of the year for their influential Random Access Memories. best pop/duo group performance for their summer-stealing Pharrell Williams collaboration Blurred Lines, and record of year for Get Lucky.

As usual, the pair took the stage clad in huge metal helmets and refused to speak, leaving Williams to do the talking.

Beyoncé opened the show with her new single Drunk in Love. She kicked off the broadcast with steam-sopped hair, cavorting suggestively around a chair before a tuxedoed Jay-Z bopped onstage and led his partner down the stairs by the hand, serenading her with his guest verse. Later, Jay-Z also delivered one of the evening's most charmingly shambolic acceptance speeches after winning best rap/sung collaboration for his Justin Timberlake hookup Holy Grail.

Online

For more coverage and a complete list of winners, visit metronews.ca

New Zealander Lorde won an award for best pop solo performance and song of the year. Elsewhere, Adele claimed her 10th Grammy — this time best song written for visual media for her Skyfall theme — while Rihanna picked up her seventh.

The Grammys also included a reunion of the two surviving members of the Beatles as Paul McCartney and Ringo Starr joined forces for Queenie Eye.

THE CANADIAN PRESS

Pharrell's OV Mountie-style fedora — or is that Phedora — was the star of the show. It had its own Twitter handle in minutes, with companies like Gain and Arby's trying to horn in on the attention.

Madonna and her son David, in a throwback to her Open Your Heart video, with a bit of a nod to the late, great MJ.

Katy Perry hits the right note in this dress by Valentino.

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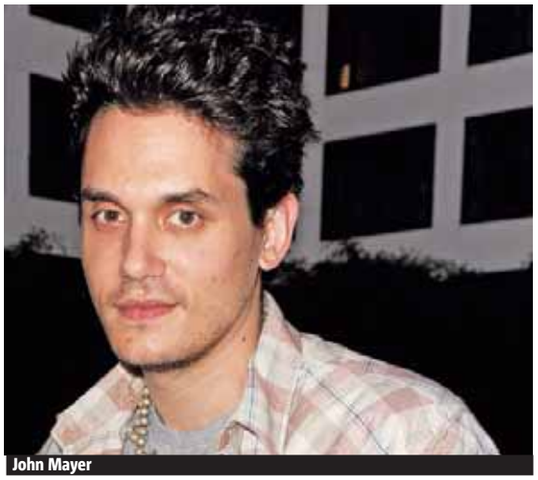
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Bieber. ALL PHOTOS GETTY IMAGES

Justin's ex-housekeeper no longer a Belieber

He may be out of jail, but Justin Bieber isn't out of the woods just yet. In fact, a former housekeeper is worried it's all downhill from here. "I'm terrified he'll become the next Michael Jackson. If he doesn't act now I will hear one day that he has passed away. It is heartbreaking," Tatiana Voziouk tells Britain's Sunday People. "The drugs and hangers-on are turning Justin into a zombie." Voziouk, who began working for Bieber in 2012 and was recently let go, says she witnessed plenty of prescription drugs, marijuana and other substances on the premises. "I was always picking up joint butts and stubs from the kitchen, lounge and pool area where they had been thrown," she says, adding that she'd voiced concerns about Bieber's decline to his mother and manager, but to no avail. "Justin was once a sweetheart — kind, considerate and a talented boy, and now I am concerned for him," she says. "He's now a lost boy."



John Mayer

Go forth Mayer, you have Aniston's blessing

John Mayer doesn't need to worry about any residual anger from ex-girlfriend Jennifer Aniston when it comes to his blossoming romance with Katy Perry, according to Radar Online. "Jen and John have stayed friends. They're not super-close at the moment, but Jen has said she likes the John-Katy pairing a lot and wants to see them start a family together," a source says. "Of course, Jen is in such a good place with her own relationship that she can get away with being magnanimous. But when she was single, she didn't want to hear a thing about John's hook-ups, and to his credit he kept his personal life pretty low-key for the two years after they broke up."

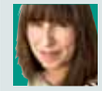
Blanchett blames Golden Globes speech on the booze

If Cate Blanchett's Golden Globes acceptance speech was a bit irreverent or off-kilter, she has a perfectly good reason. Also, she doesn't quite remember what she said, if anyone has a transcript handy. "Unfortunately, my category came up rather late in the evening, so I was a couple of sheets to the wind," she tells the Telegraph. "Once your name is read out, it's a high like no other so I can't remember a lot. I hope I didn't do too many things I'll regret."

Cate Blanchett

Pop goes the week

Thanks for the mental images Jen and Ben!



STARGAZING
Malene Arpe
scene@metronews.ca

Jennifer Lawrence talks "armpit vagina" at the SAG Awards and Ben Affleck jokes about his penis size at the PGA Awards. They were both immediately nominated for the TMI Awards.

Bachelor Juan Pablo Galavis says that a gay version of The Bachelor would be perverted and could harm children. Then he goes back to groping drunken strangers in hot tubs for money while talking about his daughter.

This week in stripping. 1) Magic Mike's Joe Manganiello is considering becoming a partner in a male strip club. 2) Justin Bieber spends some $75,000 US at a Miami strip club. 3) Mark Ruffalo says that he really wants to do a stand-alone Hulk movie.

Katy Perry says that she fervently prayed for really big boobs when she was a kid. Well, I for one have just been miraculously cured of my atheism.

Dennis Rodman goes to rehab. Presumably for everything.

Victoria Beckham says that "I won't ever do it again" when asked about a Spice Girls reunion. Interestingly, she said the exact same thing when asked about smiling and eating lunch.

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Book excerpt

Go ahead, teen, make my day

What teenager ever wanted to do something that their parents are allowing them to do? I decided there are a few things we should give our teenagers "permission" to actually do:

• Smirking and eye-rolling are Pediatric Association–approved methods ... of improving connectivity to the part of the brain that controls trigonometry. Carry on!
• Don't speak with clarity and respect. Grunting with an air of condescension and annoyance can actually soothe the vocal chords.
• Get at least eight hours of screen time per day. Continued exposure to alternative methods of entertainment, such as street hockey, swimming, cycling, and running, can result in unsightly muscles and toned legs, and take away from the challenge of piercing a particularly thick area in the midsection.
• Sleep only during daylight hours. Prolonged exposure to sunlight makes you more attractive to the opposite sex . . . who will just get in the way of fitting in your eight hours of screen time.

Once they have permission, these acts will suffer from omission, in my experience. EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Hide the iPad, lie about fast food

Parenting. The small deceits and hidden vices of raising kids

Shannon McCormick, left, cutting up a tomato for her four-year-old daughter Sophie Chapman. Although not fond of tomatoes, McCormick keeps that fact from her daughter, who loves them. ROBERT LEITCH, THE MEDIA SOURCE/ THE ASSOCIATED PRESS

Mom Shannon McCormick loves fruits and vegetables and wants to pass that on to her four-year-old, but her resolve is tested when she encounters her nemesis: the tomato.

"Tomatoes are my kryptonite. My daughter loves them and I don't want to even suggest that they're anything less than delicious," said McCormick, in Columbus, Ohio.

That's why she choked down a chunk when her child stabbed it with a fork and held it to her lips a few months back.

"I just sat there and looked at her and thought, 'Well, I just have to do this,"' McCormick recalled. "I swallowed it whole."

Kids, parents are people, too. Remember that when you're older and learn of all the little things yours hid from you. Absent serious crimes and misdemeanours, you'll live to tell about it. Consider such moments great family stories and decide for yourselves whether you want to carry on the time-honoured tradition of hidden vices and small deceits in parenting.

"I've been hiding Twinkies under the front car seat since my first kid was in diapers," said Genevieve West, a stay-at-home mom of three in Portland, Ore. "Now that she's 12, my husband and I hide all evidence of our Starbucks trips or Thai takeout so we don't suffer her wrath."

Fast food was also a problem for Katrina Olson in Urbana, Ill.

"My husband abhors it, so when our girls were toddlers and wanted to go to McDonald's, we told them it was closed for cleaning on Tuesdays or Thursdays, or whatever day it happened to be. It worked for several years," she said.

Elisabeth Wilkins in Portland, Maine, is the editor of Empoweringparents.com, dedicated to helping parents change kids' questionable behaviour. But Wilkins is also something else: a third-generation chocolate hider, on the matriarchal side. "My brother and I would find it in the coat closet or the back of the freezer," she said.

Her son is now 11 and inherited that sensitive chocolate nose. "Sometimes I go into the bedroom and shut the door for, like, a half-hour and have a little bit of chocolate, then I'll go rinse my mouth out. Seriously. You feel responsible. You don't want to teach them bad habits. You don't want to teach them your bad habits," she said.

Eli Federman in Miami Beach, Fla., understands. He's the senior vice-president and co-founder of an online start-up that offers flash sales on electronics, but he and his wife quickly realized that handing over an iPad to their daughter before she hit her second birthday was a mistake.

"It just got so out of control. Even when she went to sleep she would request it. She'd be in the crib shaking the crib going, 'iPad, iPad, iPad.' She refused to go to sleep without it. There was no moderation.

"We were, like, we have to get rid of this, but we wanted it for ourselves, so we lock it in the chemical cabinet and wait to use it when she's sleeping or we're out or something," he said. THE ASSOCIATED PRESS

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From the roots up: Beef Barley Soup gets earthy

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Beef barley soup is the most comforting soup you can eat during the winter months.

Traditionally it is a classic soup made with stewing beef, carrots, celery, onion and tomatoes.

But in my version I have used root vegetables, which make all the difference. I also love it because it's a one-pot meal. You have protein, vegetables and grains.

Stewing beef is one of the leanest meats you can buy, but it is not as tender. That is why you tenderize the beef by adding it to a simmering soup. You want large cuts of meat from either the front shoulder or the rear end such as chuck, bottom round, pot roast or top round.

Barley has a rich nut-like flavor and a tasty, chewy pasta-like consistency. It is a good complex carbohydrate loaded with fiber, manganese and selenium.

Feel free to experiment with other root vegetables of your choice. This type of vegetable is also great as hearty side dishes or vegetarian mains. A good mixture of root vegetables always works because they pair so nicely, but putting the spotlight on sweet potatoes, for example, will also please everyone at your table.

The soup can be made two days in advance. All you'll have to do is add more stock when reheating. It also freezes well and is great for leftovers with a thick slice of bread.

Directions

1. Dust the beef with flour. In a large skillet sprayed with vegetable oil, sear the beef just until browned on all sides (about 3 minutes). Set aside.

2. In a large saucepan, add the oil and sauté the onions with the garlic over medium heat for 5 minutes. Add the mushrooms and sauté for 5 minutes or until no longer wet. Add the potatoes, sweet potatoes, parsnips, beef stock and barley, cover and simmer for 25 minutes or until the beef is tender and the barley is cooked. Add the Worcestershire sauce and salt and pepper.

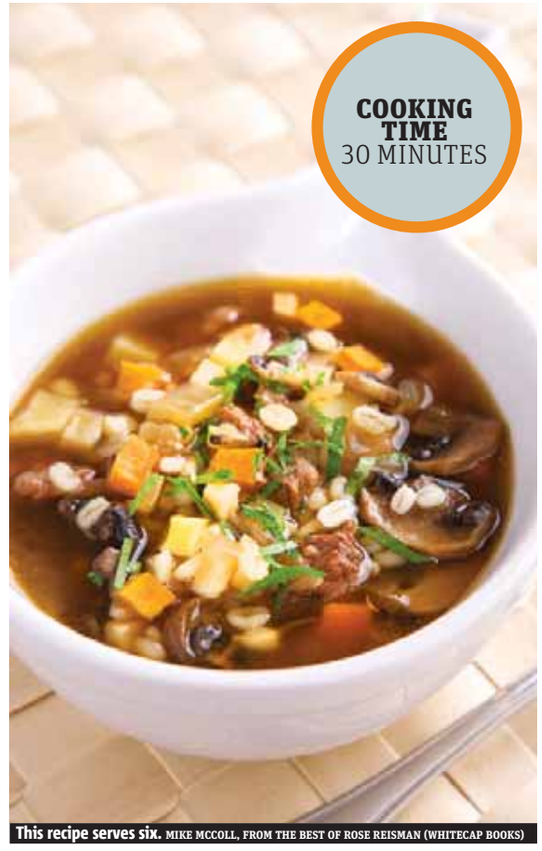
3. Ladle into individual bowls and garnish with parsley. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

FLASH FOOD

From your stove to your table in 30 minutes or less

Ingredients

- 8 oz stewing beef, cut into small cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups diced onions
- 2 tsp crushed garlic
- 2 cups sliced button mushrooms
- 3/4 cup diced potato
- 3/4 cup diced sweet potato
- 3/4 cup diced parsnip
- 4 cups low-sodium beef stock
- 1/4 cup pearl barley
- 1 tbsp Worcestershire sauce
- pinch of salt and pepper
- 1/4 cup chopped parsley



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

(Dave, in shelters for 12 years)

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Girls Weekend

Start off at The Grape Debate, a rousing discussion on a hot-topic vino issue that ends with a peace-making wine tasting. You've already booked an amazing hotel package, so head home early and revel in the luxury of your mini-vacation. The next day, luxuriate in a lie-in before tasting the best of Granville Island on the Palate Promenade. That evening, enjoy your meal at a prix fixe of $18, $28 or $38 (splurge for the wine pairings – trust us), then venture to Gastown or Yaletown for post-dinner drinks. On your final morning, end your weekend with a full belly and groove-worthy tunes at Jazz Out: Weeds/Minemoto Quartet, taking place at the Cory Weeds' Cellar Jazz Club – be sure to practice those jazz hands.

Get Artsy

Take in dinner and a play at Act 1, Eat 1 – with four dining/performance pairings to choose from, you'll easily find a combo to suit your tastes. If performance art is your thing, check out Night Circus at Vancouver FanClub, a Cirque-like spectacle featuring aerials, burlesque, live music and theatre. For the grand finale, sign up for Foodtography: A Culinary Photography Tour. You're already Instagramming – why not step it up?

SONU PURHAR / FOR TOURISM VANCOUVER

Be real when tackling your study distractions

Killing habits entirely is ambitious. Switching locations, going for a walk or moving to your favourite song can help break up a long session and make it more tolerable and fun

VICKI SALEMI
Metro World News

Twitter, Angry Birds and intramural volleyball, oh my! Distractions have never been so ubiquitous on college campuses.

This college generation is "wired for and thrives on a constant interrupt cycle," says Caroline L. Arnold, author of Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently.

But trying to shut down all of the interruptions to eliminate distractions may actually be counterproductive. Instead, students need to learn to manage distractions differently.

Arnold, managing director at a leading investment banking firm, recommends limiting the duration, frequency and type of interruptions by making small changes, instead of overhauling habits completely.

Students should examine their own distraction patterns to find the "microresolutions" most likely to have a positive impact on study habits. "A microresolution must be easy, specific and measurable to succeed," Arnold advises.

For instance, Arnold recommends taking a 10-minute walk every two hours. "The walk will refresh your head with a change of scenery, exerting physical energy," she says. Plus, walking is meditative and good for problem-solving.

Another option is taking a short break to get your groove on. "Getting up to dance to a couple of numbers every hour is also a great body/brain refresher," Arnold says.

Another self-imposed behavior includes watching the clock regarding social media. One "like" here, one comment there, the next thing you know an entire hour has vanished. Arnold recommends limiting social media to five minutes per session. "Distracting yourself with social media and/or gaming apps actually could help break study impasses and stimulate new thoughts," she says. So instead of eliminating social media altogether, Arnold suggests making a pact prior to starting digging into work to determine the length of the break and how many breaks you'll give yourself each hour. "Commit yourself to living within those limits," she says. "The limits will actually help you enjoy your breaks more, because they won't feel furtive and guilty."

Tips for success

- **Location, location, location.** Change your study location every hour. New research shows that moving locations — even from the desk to the bed or from the bed to kitchen — helps keep thinking sharp.
- **See research through.** Stick to your task online when performing research. Getting sidetracked is inevitable — if you let it. "If you are looking up the year the British quit India, carry through your search with single-minded purpose," Arnold says. Only allow a distraction after that task has been completed.
- **Phone cravings.** Turn off your smartphone for 15 minutes every hour and see how it affects your productivity.

Make a five-minute-per-hour social media pact with yourself before studying and stick to it. These mini breaks will actually help break up your study load. ISTOCK

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Ski jumping

Canada names 1st women's Olympic ski jump team

Three female athletes have been selected to represent Canada in what will be a historical moment at the 2014 Winter Olympics.

Atsuko Tanaka
GETTY IMAGES

Atsuko Tanaka, Alexandra Pretorius and Taylor Henrich have all been named to Canada's ski jump team, and will be taking part in the inaugural ski jump event for women at the Games in Sochi, which begin Feb. 7.

Women's ski jump makes its Olympic debut 90 years after it was added to the program on the men's side, according to The Associated Press. Prior to the Vancouver Olympics four years ago, the Supreme Court of Canada ruled against the female athletes' appeal in 2009.

"I have lost count of how many jumps I have done leading up to this point," Tanaka said to The Canadian Press.

"But every jump got me one step closer to my goal and that was to make the Sochi 2014 Canadian Olympic team and I couldn't be more proud to represent my country in Russia."

Canada's ski jump team was named during an announcement at the Robson Square Ice Rink on Sunday.

The team includes four male members as well. Mackenzie Boyd-Clowes, Trevor Morrice, Dusty Korek and Matthew Rowley will also represent Canada in Sochi.

METRO

Canucks alternate captain Daniel Sedin takes a stick to the chops from Coyotes left-winger Lauri Korpikoski in the second period at Rogers Arena on Sunday. The Canucks pulled out a 5-4 win in overtime. BEN NELMS/GETTY IMAGES

Canucks win wild one over Coyotes

NHL. Bieksa scores OT winner on tough night for Olympic goalies

CAM TUCKER
cam.tucker@metronews.ca

It wasn't a banner night for Roberto Luongo or Mike Smith, who make up two-thirds of Canada's Olympic goalie trio slated to compete in Sochi.

Kevin Bieksa scored his second of the game and the winner in overtime, jumping in from the blue-line and converting on his rebound chance to give the Canucks a 5-4 win over the visiting Phoenix Coyotes at Rogers Arena on Sunday.

Breaking from the standard set in past games, the Canucks and Coyotes filled the net with regularity in a wacky back-and-forth affair. At one point in the third period, the two teams had combined for eight goals on just 39 shots.

Odd deflections, own goals, misplayed pucks, and this was with two of Canada's best goalies squaring off against each other.

"The nature of the way the goals were being scored ... it was bizarre," said Canucks coach Mike Sullivan.

On Sunday

5	4
Canucks	Coyotes

The Canucks improved their record to 27-17-9. They're now only one point back of the L.A. Kings for the third spot in the Pacific Division.

The Canucks got goals from Bieksa and Jannik Hansen 44 seconds apart in the first period, and Chris Higgins and Zac Dalpe 42 seconds apart in the second period.

Antoine Vermette had the hat trick for Phoenix.

"It was one of those games where the puck, I feel like it was just bouncing in from everywhere," said Luongo.

Bieksa's goal at 2:15 of overtime came 25 seconds after Vancouver's unsuccessful four-on-three power-play chance.

Vancouver got four points from defencemen, with Dan Hamhuis and Jason Garrison each recording assists.

"The defence, we're definitely capable of contributing," said Bieksa.

'Caps serious suitors for Beitashour: Reports

According to reports, the Whitecaps are in negotiations to acquire defender Steven Beitashour from the San Jose Earthquakes. THEARON W. HENDERSON/GETTY IMAGES

The Vancouver Whitecaps are in desperate need of a right back, and it appears they're on the verge of filling that position.

According to a report on ESPNFC, the Whitecaps are set to acquire defender Steven Beitashour from the San Jose Earthquakes in exchange for allocation money, pending a physical on Monday.

South Korean international Y.P. Lee retired at the end of last season, leaving a massive hole on the right side of the back line. It's a position new head coach Carl Robinson labelled as a priority to strengthen, with the on-field portion of training camp set to begin on Monday.

In Beitashour, the Whitecaps would get a still relatively young asset — he's just 26 years old — and a player with Major League Soccer all-star credentials.

A second-round pick of the Earthquakes in the 2010 MLS SuperDraft, Beitashour spent the last four seasons with San Jose, scoring twice and adding 16 assists in 87 career games.

The Whitecaps likely aren't finished adding to their roster. Robinson said in a phone interview with Metro last week that he'd like to add an offensively creative midfielder, as well.

The Whitecaps began training camp on Saturday with medical testing.

They begin the 2014 MLS regular season against the New York Red Bulls at BC Place Stadium on March 8.

CAM TUCKER/METRO

NBA

Heat on top again in Finals rematch

Chris Bosh scored 24 points on 9-for-10 shooting, LeBron James added 18 points and the Miami Heat rolled past the San Antonio Spurs 113-101 on Sunday in an NBA Finals rematch from last season.

THE ASSOCIATED PRESS

PGA

Stallings breaks free from pack on final hole for win

In a tournament that was up for grabs, Scott Stallings hit a 4-iron worthy of a winner Sunday in the Farmers Insurance Open.

Stallings was in a five-way tie for the lead when he hit his second shot on the par-5 18th hole as hard as he could. It was enough to barely clear the water, and he took two putts from 40 feet for birdie and a 4-under 68 at Torrey Pines.

That was enough for a one-shot victory when no one could catch him.

Graham DeLaet of Weyburn, Sask., made birdie on the last hole to tie for second. THE ASSOCIATED PRESS

Scott Stallings earned his third PGA Tour victory at the Farmers Insurance Open on Sunday. GETTY IMAGES

Bobsled

Humphries snags world title

Canada's Kaillie Humphries edged Elana Meyers of the United States by the slimmest of margins Sunday for the overall women's World Cup bobsled title.

The Calgary native finished with 1,629 points, one more than Meyers. If Humphries — the Olympic champion and now a two-time overall World Cup winner — was 0.03 seconds slower Sunday, Meyers would have won the title.

Humphries and Heather Moyse of Summerside, P.E.I., finished with three World Cup victories, one silver and one bronze medal.

THE ASSOCIATED PRESS

Rangers hit one out of the park

NHL. Blueshirts channel Yankees in second-period barrage to down Devils in Stadium Series game

After sun reflecting off the ice delayed the first hockey game at Yankee Stadium, the New York Rangers and pinstriped goalie Henrik Lundqvist beat the New Jersey Devils 7-3 in snow and cold Sunday.

Rick Nash scored for the fifth straight game, and the New York Rangers used a four-goal second period to take the lead for good.

The Devils led 1-0 and 3-1 in the first, but New York got within one before intermission and then swarmed future Hall of Fame goalie Martin Brodeur.

After Dominic Moore and Marc Staal had goals in the first for the Rangers, Mats Zuccarello scored two straight to put New York ahead for the first time. Carl Hagelin and Nash found the net, too, behind the beleaguered Brodeur, who angrily swatted the puck away after one of the tallies.

Nash has seven goals in his streak and 18 this season.

A day after the Los Angeles Kings and Anaheim Ducks played in 15 C weather at Dodger Stadium, the NHL returned to conditions more fitting for hockey.

Lundqvist, who sported stylish pinstriped pads for the occasion, stumbled through a difficult first but settled down and made 19 saves.

The teams played through the second period as the snow started and increased in intensity, not long after they were forced to wait around an extra hour to drop the puck because of bright sunshine that created a dangerous glare on the ice.

The temperature was -4 C when the first puck dropped at 1:41 p.m. in front of a sell-out crowd of 50,105.

THE ASSOCIATED PRESS

Battle of New York

Yankee Stadium's second hockey game will take place on Wednesday night when the Rangers will again be the road team in a matchup with the New York Islanders.

Brad Richards of the Rangers celebrates scoring against Devils goalie Martin Brodeur at Yankee Stadium on Sunday in New York City. BRUCE BENNETT/GETTY IMAGES

Sherman subpar in hostility at press conference

Seahawks cornerback Richard Sherman addresses the media on Sunday in Jersey City, N.J. ELSA/GETTY IMAGES

If people were looking for Richard Sherman to get the weeklong hype for the Super Bowl started with another rant, the Seattle cornerback disappointed them.

With about a dozen camera crews and 50 reporters surrounding him at a table, Sherman smiled broadly, winked when a reporter asked him about his rant at Michael Crabtree after the NFC championship game, and played it close to the vest in discussing the Super Bowl next Sunday against Denver at Metlife Stadium.

There were no harsh words Sunday night. He talked about his respect for the Broncos' offence, his friendship with Denver receiver Demaryius Thomas and the fact that the blowup with Crabtree led to a good discussion about race relations.

There were neither guarantees nor boasts. Just honest talk.

"I think you are always cognizant of it as football players, especially in today's world, that everyone is looking for a story and they are trying to get their name in the paper," Sherman said when asked if anyone had advised him to tone it down this week.

Sherman is clearly more conscious about what he says after falling into disfavour with many people for his post-game rant in which he said Crabtree is a subpar receiver. The comments came moments after Sherman deflected a pass to Crabtree in the end zone late in the fourth quarter and it was intercepted, sealing the Seahawks' trip to the Meadowlands. THE ASSOCIATED PRESS

Quoted

"I am just a guy trying to be the best.... I am a fiery competitor who puts his life into his work and puts his everything into his work." Seahawks cornerback Richard Sherman

Horoscopes

♈ Aries
March 21 - April 20
You will find it easier to be assertive this week but that does not mean you can order people around for the fun of it. Try to work harmoniously with those who share your aims.

♉ Taurus
April 21 - May 21
You have been worrying about something for no reason and what happens over the next few days will convince you that you have in fact been rather lucky. That luck will continue as someone makes you an offer you won't want to refuse.

♊ Gemini
May 22 - June 21
Listen to your instincts today because they are sharper than ever. If your inner voice tells you one thing while the so-called experts tell you another, you can bet they have got it wrong.

♋ Cancer
June 22 - July 23
Current cosmic activity makes you sensitive to changes, to the extent that you will sense when something is about to happen hours before it actually occurs. With that kind of advantage how can you possibly fail?

♌ Leo
July 24 - Aug. 23
If you work with the planets this week, you will find ways to shape your destiny. If you work against them your destiny will still change but maybe not in ways you feel comfortable with.

♍ Virgo
Aug. 24 - Sept. 23
Why merely fantasize about being where family and financial worries play no part when, with a little bit of effort, you can make it happen? Stop thinking and start acting.

♎ Libra
Sept. 24 - Oct. 23
You have been avoiding making some kind of decision but the time is rapidly approaching when you must act swiftly. You know what has to be done, so quit stalling and get busy.

♏ Scorpio
Oct. 24 - Nov. 22
Don't do something just because it is forbidden today. It may be fun breaking the rules but it could be costly. Risks are allowed but they must be of the calculated variety. Anything else is asking for trouble.

♐ Sagittarius
Nov. 23 - Dec. 21
Your main task over the next few days is to find ways to fulfill your obligations, while still having fun socially. For best results, steer clear of extremes and steer clear of people who bring out the worst in you.

♑ Capricorn
Dec. 22 - Jan. 20
Try to be less suspicious when dealing with people on a professional level. That kind of attitude is self-fulfilling. If you think everyone is a shark then that is the kind of person you are going to attract.

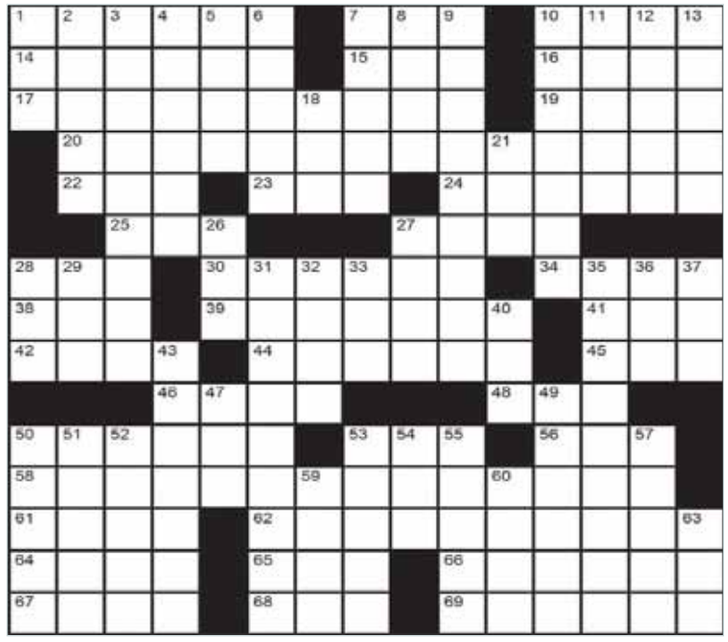
♒ Aquarius
Jan. 21 - Feb. 19
The trend that dominates your life at the moment is positive, so stop trying to change things and go with the flow. Some events may seem negative to begin with this week but they will have positive results.

♓ Pisces
Feb. 20 - March 20
A quick decision isn't always the best, so stop worrying you're being left behind and need to catch up. You're where you need to be and don't need to change a thing. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

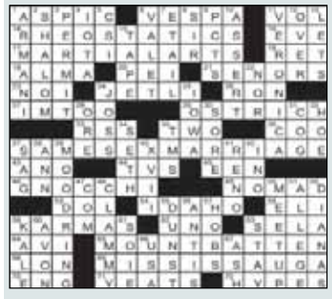
BY KELLY ANN BUCHANAN



Across
1. Scoots
7. Segment, shortly
10. Aria in Verdi's opera Rigoletto: "__ nome"
14. Mr. Borgnine
15. Cellular stuff
16. Mary Kay rival
17. Northern Alberta community near the BC border: 2 wds.
19. Ms. Moreno
20. Canadian band for Shaun Verreault, Safwan Javed and Gordie Johnson: 3 wds.
22. 'Client' completer
23. Pics-taker of the stars
24. Eastern Townships ski resort, Mont __
25. Gladiator's 1550
27. Ploy
28. Podded plant
30. Toronto-born musician, Rik __
34. Skim
38. Prefix with 'cycle'
39. Reality TV producer Mark
41. Past
42. Salon products
44. Body of water for Moses: 2 wds.
45. Novel
46. Hints
48. Central
50. Ms. Fawcett
53. Halifax hrs.
56. Patty Hearst's kidnappers [acronym]
58. Historic Toronto accommodation for TV show guests: 3 wds.
61. Language of Pakistan
62. The Who's "Out here in the fields..." song: 2 wds.
64. 'Social' suffixes
65. Leandro's beloved
66. Backtrack to a happening
67. Covers roads
68. Internet hookup, commonly
69. Actor Nick's surnamesakes

Down
1. Hugh Jackman's wife, to Hugh
2. "What __ __ fighting for?" - Robert Service
3. Letter sent in an envelope: 2 wds.
4. Did a Border Collie's job
5. 'Opal' suffix
6. Postage
7. Wither: 2 wds.
8. "How could _ __?" (It was hard to refuse)
9. Canadian coffee roaster since 1919: 2 wds.
10. Wine-holding containers
11. Dispatch boat
12. Tilt-__ aircraft
13. "...so __ __ so forth."
18. Jennifer Lopez's first hubby, Ojani __
21. Bride's new title
26. Beirut's locale [abbr.]
27. Paths, for short
28. Certain canine
29. Compass point
31. Flipped-from-the-wall retro mattress: 2 wds.
32. Military food packets, commonly
33. Terminate
35. Like many a romantic dinner
36. Birthday number
37. Immediately
40. __-o'-shanter
43. Waltz composer, Johann __ (b.1804 - d.1849)
47. 'President' suffix
49. U2's "_ __ Haven't Found What I'm Looking For"
50. Produce product
51. Major artery
52. Actress Winona
53. Tree, in Spain
54. Style of music
55. "Every Rose Has Its __" by Poison
57. Pain relief brand
59. Paddles
60 Nabisco cookie
63. "Affirmative."

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

9	1	8	4	2	3	7	5	6
7	4	3	5	6	8	9	2	1
5	6	2	1	7	9	8	3	4
4	9	5	3	8	7	1	6	2
1	2	7	9	5	6	3	4	8
8	3	6	2	1	4	5	9	7
3	7	4	8	9	2	6	1	5
2	8	1	6	3	5	4	7	9
6	5	9	7	4	1	2	8	3

Sudoku

				7		4	6	5
		3						8
	9				2		1	
			8			1		
5	8		1		6		9	2
		4			3			
	4		7				8	
1						2		
2	7	9		3				

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